

Low-Calorie, Lower-Fat Alternative Foods

Higher-Fat Foods	Lower-Fat Foods
Dairy Products	
<input type="checkbox"/> Evaporated whole milk	<input type="checkbox"/> Evaporated fat-free (skim) or reduced-fat (2%) milk
<input type="checkbox"/> Whole milk	<input type="checkbox"/> Low-fat (1%), reduced-fat (2%), or fat-free (skim) milk
<input type="checkbox"/> Ice cream	<input type="checkbox"/> Sorbet, sherbet, low fat or fat-free frozen yogurt, or ice
<input type="checkbox"/> Whipping cream	<input type="checkbox"/> Imitation whipped cream (made with fat-free [skim] milk)
<input type="checkbox"/> Sour cream	<input type="checkbox"/> Plain low-fat yogurt
<input type="checkbox"/> Cream cheese	<input type="checkbox"/> Neufchatel or "light" cream cheese or fat-free cream cheese
<input type="checkbox"/> Cheese (cheddar, Swiss, jack)	<input type="checkbox"/> Reduced-calorie cheese, low-calorie processed cheeses, etc.
	<input type="checkbox"/> Fat-free cheese
<input type="checkbox"/> American cheese	<input type="checkbox"/> Fat-free American cheese or other types of fat-free cheeses
<input type="checkbox"/> Regular (4%) cottage cheese	<input type="checkbox"/> Low-fat (1%) or reduced-fat (2%) cottage cheese
<input type="checkbox"/> Whole milk mozzarella cheese	<input type="checkbox"/> Part-skim milk, low-moisture mozzarella cheese
<input type="checkbox"/> Whole milk ricotta cheese	<input type="checkbox"/> Part-skim milk ricotta cheese
<input type="checkbox"/> Coffee cream (1/2 and 1/2) or nondairy creamer (liquid, powder)	<input type="checkbox"/> Low-fat (1%) or reduced-fat (2%) milk or non-fat dry milk powder
Cereals, Grains, and Pastas	
<input type="checkbox"/> Ramen noodles	<input type="checkbox"/> Rice or noodles (spaghetti, macaroni, etc.)
<input type="checkbox"/> Pasta with white sauce (alfredo)	<input type="checkbox"/> Pasta with red sauce (marinara)
<input type="checkbox"/> Pasta with cheese sauce	<input type="checkbox"/> Pasta with vegetables (primavera)
<input type="checkbox"/> Granola	<input type="checkbox"/> Bran flakes, crispy rice, etc.
	<input type="checkbox"/> Cooked grits or oatmeal
	<input type="checkbox"/> Reduced-fat granola
Meat, Fish and Poultry	
<input type="checkbox"/> Coldcuts or lunch meats (bologna, salami, liverwurst, etc.)	<input type="checkbox"/> Low-fat coldcuts (95 to 97% fat-free lunch meats, low-fat pressed meats)
<input type="checkbox"/> Hot dogs (regular)	<input type="checkbox"/> Lower-fat hot dogs
<input type="checkbox"/> Bacon or sausage	<input type="checkbox"/> Canadian bacon or lean ham
<input type="checkbox"/> Regular ground beef	<input type="checkbox"/> Extra lean ground beef such as ground round or ground turkey (read labels)
<input type="checkbox"/> Chicken or turkey with skin, duck, or goose	<input type="checkbox"/> Chicken or turkey without skin (white meat)
<input type="checkbox"/> Oil-packed tuna	<input type="checkbox"/> Water-packed tuna (rinse to reduce sodium content)
<input type="checkbox"/> Beef (chuck, rib, brisket)	<input type="checkbox"/> Beef (round, loin) (trimmed of external fat) (choose select)
<input type="checkbox"/> Pork (spareribs, untrimmed loin)	<input type="checkbox"/> Pork tenderloin or trimmed, lean smoked ham
<input type="checkbox"/> Frozen breaded fish or fried fish (homemade or commercial)	<input type="checkbox"/> Fish or shellfish, unbreaded (fresh, frozen, canned in water)
<input type="checkbox"/> Whole eggs	<input type="checkbox"/> Egg whites or egg substitutes
<input type="checkbox"/> Frozen TV dinners (containing more than 13 grams of fat per serving)	<input type="checkbox"/> Frozen TV dinners (containing less than 13 grams of fat per serving and lower in sodium)
<input type="checkbox"/> Chorizo sausage	<input type="checkbox"/> Turkey sausage, drained well (read label)
	<input type="checkbox"/> Vegetarian sausage (made with tofu)

Low-Calorie, Lower-Fat Alternative Foods

Baked Goods

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| <input type="checkbox"/> Croissants, brioches, etc. | <input type="checkbox"/> Hard french rolls or soft brown 'n serve rolls |
| <input type="checkbox"/> Donuts, sweet rolls, muffins, scones, or pastries | <input type="checkbox"/> English muffins, bagels, reduced-fat or fat-free muffins or scones |
| <input type="checkbox"/> Party crackers | <input type="checkbox"/> Low-fat crackers (choose lower in sodium) |
| | <input type="checkbox"/> Saltine or soda crackers (choose lower in sodium) |
| <input type="checkbox"/> Cake (pound, chocolate, yellow) | <input type="checkbox"/> Cake (angel food, white, gingerbread) |
| <input type="checkbox"/> Cookies | <input type="checkbox"/> Reduced-fat or fat-free cookies (graham crackers, ginger snaps, fig bars) (compare calorie level) |

Snacks and Sweets

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| <input type="checkbox"/> Nuts | <input type="checkbox"/> Popcorn (air-popped or light microwave), fruits, vegetables |
| <input type="checkbox"/> Ice cream, e.g., cones or bars | <input type="checkbox"/> Frozen yogurt, frozen fruit or chocolate pudding bars |
| <input type="checkbox"/> Custards or puddings (made with whole milk) | <input type="checkbox"/> Puddings (made with skim milk) |

Fats, Oils, and Salad Dressings

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| <input type="checkbox"/> Regular margarine or butter | <input type="checkbox"/> Light spread margarines, diet margarine, or whipped butter, tub or squeeze bottle |
| <input type="checkbox"/> Regular mayonnaise | <input type="checkbox"/> Light or diet mayonnaise or mustard |
| <input type="checkbox"/> Regular salad dressings | <input type="checkbox"/> Reduced-calorie or fat-free salad dressings, lemon juice, or plain, herb flavored, or wine vinegar |
| <input type="checkbox"/> Butter or margarine on toast or bread | <input type="checkbox"/> Jelly, jam, or honey on bread or toast |
| <input type="checkbox"/> Oils, shortening, or lard | <input type="checkbox"/> Nonstick cooking spray for stir-frying or sautéing |
| | <input type="checkbox"/> As a substitute for oil or butter, use applesauce or prune puree in baked goods |

Miscellaneous

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| <input type="checkbox"/> Canned cream soups | <input type="checkbox"/> Canned broth-based soups |
| <input type="checkbox"/> Canned beans and franks | <input type="checkbox"/> Canned baked beans in tomato sauce |
| <input type="checkbox"/> Gravy (homemade with fat and/or milk) | <input type="checkbox"/> Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk |
| <input type="checkbox"/> Fudge sauce | <input type="checkbox"/> Chocolate syrup |
| <input type="checkbox"/> Avocado on sandwiches | <input type="checkbox"/> Cucumber slices or lettuce leaves |
| <input type="checkbox"/> Guacamole dip or refried beans with lard | <input type="checkbox"/> Salsa |